

## Quick Read

### In general

#### Family hotline

USACFSC activated the Family Assistance Hotline March 21. The FAH, civ (800) 833-6622, is a "safety net" for family members of active and reserve component soldiers seeking information or assistance while their soldier family member is forward deployed. USACFSC mans the FAH from 2 p.m. to 2 a.m. Central European Time.

#### Important transition briefings

If you're active duty and soon to retire, attend the April 30 briefing at the U.S. NATO transition office. A Veterans Administration briefing is also scheduled for the same day. Sign up by calling DSN 423-4575.

### Belgium

#### Scholarships

Applications for the Delta Sigma Theta Sorority, Phi Beta Sigma Fraternity and for Consignment Shop scholarships are now available in the BAS Guidance Office. The deadlines for applications are April 1, 5 and May 1. Deadline for the Journalism/Communications scholarship is April 30.

#### Easter Egg Hunt

The Brussels American Community will have an Easter egg hunt April 19, 10 a.m. to noon at Sterrebeek. Children under 12 are invited. Volunteers can call Special Events Coordinator Lisa Passalacqua at DSN 368-9639. The Easter bunny will also throw out the first pitch for YS baseball.

### Netherlands and Germany

#### Entertainment

Singer/songwriter/storyteller Hank Slaughter performs live at the AFNorth Club 13, Mondays at 8 p.m.

#### Spring break

Middle School and Teen Program spring break activities, April 14-25, 9 a.m.-6 p.m., Youth Services, Brunssum. Cost is 60 euro weekly and includes all trips, snacks, drinks and activities, or 15 euro per week without trips but includes snacks, drinks and activities, 0031-35-526-3595.

#### Lunch day

Child Development Center preschool parent lunch day, April 14, 11:30 a.m.-noon, CDC, Brunssum, 0031-45-526-3046.

#### Egg hunt

Easter Egg Hunt, April 12 (rain date: April 19), 9 a.m.-3 p.m., Schinnen Sports Center and grounds, 0031-45-526-3596.

#### Football

Daytrip to Amsterdam and Admirals game, depart Schinnen 10 a.m., Power Hour starts at 5 p.m., game time is 7 p.m., return to Schinnen 1 a.m., 40 euro (includes ticket to game) for more information about the date call civ 0031-46-443-7570.

#### Health fair

Month of the Military Child Health Fair, April 17, Schinnen sports Center, 1-4 p.m., civ. 0031-46-443-7367.

#### ACAP

An Army Career and Alumni Program Pre-separation Briefing and Career Transition Workshop is scheduled from 9 a.m. to 4 p.m., April 15-16 at the Trebeek Education Center. The workshop is open to all service members and civilians.

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*Plus community  
calendars, events and  
much more*

# M Benelux Meteor

Volume 21, Number 7

April 8, 2003



Authorities are offering a \$10,000 reward for information leading to the recovery of this stolen wrecker.

## Thieves nab 5-ton wrecker

HEIDELBERG, Germany – Army law enforcement officials are offering a cash reward of \$10,000 for information leading the recovery of a military wrecker believed stolen from a motor pool in Wuerzburg, Germany.

The vehicle, an M936WW five-ton wrecker (with winch mounted on the vehicle's front bumper), was reported missing on Monday, March 10.

Officials say a preliminary investigation has determined that the vehicle was removed from the 1st Military Police Company motor pool at approximately 12:15 p.m. on March 6.

The vehicle was marked with the bumper number P890, but officials caution that the bumper number may have been removed or changed.

The wrecker is valued at about \$126,000.

Anyone who has information they believe will be helpful in locating the vehicle should immediately contact the local Criminal Investigation Division (CID) office or call 06221-39-4906 (DSN 377-4906).

(USAREUR News Release)

## Customs tip for Gulf region mail

MANNHEIM, Germany - Cigarettes and coffee are morale items that many soldiers in South West Asia desire.

Military customs officials want those soldiers in Kuwait, Saudi Arabia, Bahrain, Qatar, Oman and the United Arab Emirates to receive those items without any delays.

Therefore, customs declarations that indicate coffee or cigarettes should

also be marked NON-RATIONED ITEM. If the declaration states that the cigarettes and/or coffee are NON-RATIONED ITEMS, customs officials will have no interest in that package.

Postal patrons are reminded that alcoholic beverages may not be mailed to the Gulf region.

(Customs News Release)

## Practice safe neighborhood awareness

HEIDELBERG, Germany — The Safe Neighborhood Awareness Program aims to improve the situational awareness of USAREUR personnel in Europe to supplement Force Protection and Crime Prevention efforts.

It helps us protect ourselves against terrorist and criminal threats and deters illegal acts throughout USAREUR. SNAP is a community-based volunteer program that mirrors traditional "Neighborhood Watch" in many ways and is run in coordination with military and civilian police officials.

SNAP allows for volunteers to patrol housing areas but does not promote intervention. SNAP volunteers are not to take unnecessary risks. The program

focuses only on improving reporting skills and on developing and sustaining situational awareness.

The program also seeks to strengthen community bonds by encouraging neighbors to get to know one another.

By widely disseminating force protection and crime prevention information, SNAP immerses civilians and soldiers in USAREUR's force protection and crime prevention efforts.

For more information call Aubrae Garofalo at DSN 361-6143 or check out the USAREUR SNAP web site at [www.hqusareur.army.mil/opm/SNAP.htm](http://www.hqusareur.army.mil/opm/SNAP.htm).

(SNAP press release)

## General Bell: hostilities begin

HEIDELBERG, Germany — Our great Nation and our Coalition allies have launched a military operation to disarm Iraq of its weapons of mass destruction, and remove its brutal dictator Saddam Hussein from power; thus returning Iraq to the family of peaceful nations.

Today, thousands of brave Americans are decisively engaged in, or are supporting difficult combat operations.

Our soldiers' sacrifices are great. These patriots need and deserve our spiritual support. Our thoughts and prayers are with each of them and their families.

Here at home there is potential for acts of terror. We all know this. I have confidence in our host nation law enforcement. I have equal confidence in our military force protection measures.

Our commitment to protect you is total. Force Protection Level Charlie is in effect. Report anything suspicious to your chain of com-



mand or police authorities. Together, we will win this war and our soldiers will return home.

Our nation has committed America's sons and daughters to battle and we will prevail. God bless each and every USAREUR soldier, civilian and family member, and God bless the United States of America.

Gen. B. B. Bell  
USAREUR Commander

# Inside Brussels

## Brussels student places first in NASA contest

BRUSSELS, Belgium — Evmorfil Zouzia, a senior at Brussels American School, has been selected as the Marshal Space Flight Center winner in the NASA Student Involvement Program Design a Mission to Mars contest.

Zouzia's research project was on investigating the evolution of the Martian atmosphere.

As a center winner, she receives an all-expense paid trip to Langley Research Center in Langley, Virginia during the first week of May.

At Langley, she will give a presentation on her project to a group of NASA engineers and the seven other regional winners of the competition. In addition she will have an opportunity to view their facilities and interact with the engineers and technicians working at the center.



Zouzia said she got her inspiration for the project from her science teacher, Mark McVicker.

She is considering studying medicine after she finishes high school but has not decided on a university.

Morgan Duke and Travis Keeton also placed third in the contest. Their proposal was on genetic manipulation to promote life on Mars.

Duke and Keeton received a certificate, a medal and national recognition in print and by postings on the NSIP website.

McVicker said he was not surprised when he heard how well his students had placed in the competition.

"I've been doing this program for a lot of years, so it's easy for me to see at least what kind of quality they have to have to be in the competition, and I knew both of those papers were

going to be in the competition," he said.

"We've had pretty good luck with the competition over the years. It's a great competition for the advanced students who are looking for something outside the regular school curriculum."

The NASA Student Involvement Program is a national program of six competitions linking students from kindergarteners to seniors directly with NASA's diverse mission of exploration, research, and discovery.

Students may prepare entries as individuals, as teams of 2-4, or as a whole class, depending on the competition category and grade level. NSIP provides educators with instructional material and classroom-ready resources that support an inquiry-based approach to science, math, technology and geography education.

In preparing their investigations for submission to NSIP, students sharpen their inquiry, problem solving, and creative writing skills.

For more information on the competitions, entry checklists, application forms, and details of upcoming events check out the NSIP website at [www.nsip.net](http://www.nsip.net).

## NSA gets new SAS leader

BRUSSELS, Belgium — David VanderHeyden is the new School Age Services Coordinator at NATO Support Activity.

He came with his family from Fort Leavenworth, Kan., where he was the Director of the School Age Services program and headed up the Family Child Care program as well.

With more than 12 years in government service, VanderHeyden said he is especially thankful to be able to support our nation's service members, particularly in these difficult times in providing quality programs for youth from 5 to 19 years of age.

He is married to the former Debby Jones and they have three sons, Matthew, 12; Caleb, 8, and Mark, 6. The children are very excited about the upcoming baseball season. His hobbies include golf, any outdoor sports, bowling and he confesses to being a die-hard Cubs' baseball fan.

## NSA employee to walk for breast cancer

# Walkers join together to raise funds and awareness for the breast cancer cause

BRUSSELS, Belgium — Pamela Mackenzie of the Defense Security Service, Office of Security Services International, stationed at the NATO Support Activity here will take personal steps to help fund access to care and finding a cure for breast cancer by participating in the Avon Walk for Breast Cancer Chicago on June 7-8.

The Avon Walk Chicago is one of eight events in a new national series of weekend fundraising walks taking place this year.

The Avon Walks are non-competitive and have been structured for all fitness levels. Thousands of women

and men will have the distance choices to walk a marathon (26.2 miles) or a marathon and a half (39.1 miles) over the two days to raise funds and awareness for the breast cancer cause. Pamela has chosen to walk the marathon and a half. You can usually see her training at the NSA gym every Tuesday, Wednesday and Thursday. She has already walked more than 100 miles and has the U.S. Army's Run For Your Life Patch to prove it.

All women are at risk for breast cancer. In 2003, the American Cancer Society reports that approximately 211,300 women in the U.S. will be

diagnosed with invasive breast cancer and about 40,200 deaths will be attributed to the disease. According to the National Cancer Institute, male breast cancer makes up less than 1% of all cases of breast cancer. Men at any age may develop breast cancer, but it is usually detected in men between 60 and 70 years of age.

These startling statistics are just one reason Pamela, age 50, is taking on this challenge. Thanks to early detection, Pamela is a survivor of breast cancer. In January 2000, just one week prior to her and her husband Peter getting on a plane for their new assignment in Brussels, Belgium, Pamela was diag-

nosed and had surgery for breast cancer. Pamela has been cancer free for three years now.

Pamela, like everyone walking in the event, is required to raise a minimum of \$1,750 to participate, but she's aiming much higher, with a personal goal of \$5,000. She hopes the expatriates in the NSA community will share their goodwill towards her efforts. Funds donated to the Avon Walk for Breast Cancer are managed and disbursed by the Avon Foundation, a 501(c)(3) public charity, with funds awarded for breast cancer screening, diagnosis, treatment, support services and scientific research, including prevention and therapeutic

vaccine studies.

The Avon Foundation Breast Cancer Crusade ([www.avoncrusade.com](http://www.avoncrusade.com)) was launched in the U.S. in 1993 with a mission to fund access to care and finding a cure for breast cancer. The focus is on reaching medically underserved women—including minorities, the poor, elderly, under- and uninsured women. The first Avon breast cancer program launched in the U.K. in 1992, and Avon now supports programs in 50 countries.

For information or to register for the Avon Walk for Breast Cancer, visit [www.avonwalk.org](http://www.avonwalk.org) or call 1-877-WALKAVON.

## Summer hire positions soon to be available for U.S. teens in Benelux

BRUSSELS, Belgium — U.S. teen family members ages 14 to 23 will again have the opportunity to apply for a summer hire position.

This year's program will run from June 23 to Aug. 1 in the Benelux (SHAPE/Chièvres, Brussels, and Schinnen area).

Student workers may request a clerical or laborer job, and the pay is \$5.14 an hour for the 6 week, 40-hour a week positions.

Check out the following web site for more information, and to apply

directly via the website or by email submission: [www.chrma.hqusaure.army.mil](http://www.chrma.hqusaure.army.mil).

The first cut off for submission of application materials will be May 2, and the final cut off for all applications will be May 31.

Reading the age and eligibility requirements carefully and following instructions closely is important.

Points of contact in each community are Brussels, DSN 368-9735; Schinnen, DSN 360-7269 and SHAPE/Chièvres DSN 361-5063.

## Corrections and clarifications

We announced in the March 25 Benelux Meteor that this year's Aviator's March would be May 1 at Chièvres Air Base. Since then the 80<sup>th</sup> Area Support Group commander, Col. Timothy Quinn, has decided the march will be held off post. Le Roitelet, the local volksmarch club will host the march this year at the Cultural Center in Ladeuze, Belgium. Pre-registration is no longer necessary. The IVV sanctioned march is from 7 a.m. to 3 p.m.

# Youth Services events and activities

NSA Child & Youth Services is open to all Brussels American School youth in grades 5 through 12 and to youth whose parents are U. S. or Canadian Embassy, NATO or European Union affiliated. Registration available at NSA on Mondays, Tuesdays, Wednesdays, and Fridays from 9:30 a.m. to 1 p.m.

**Young Engineers:** Registered youth in grades K-12 will begin examining the wonders of engineering and designing concepts at CYS in April. Among the projects planned is a SAFARI park as well as examining sources of energy and making electric motors. Creativity and imagination welcome and needed.

**Safari Spring Camp:** Kick off the Spring Camp with a barbecue on April 4. All day programming from 8 a.m. until 6 p.m. with breakfast, lunch and an afternoon snack served on April 7, 8, 9, 10, 11 and 21 for youth in grades K-12 and on April 17 and 18 for youth in grade K-5. There will be a field trip to Planckendael Wild Animal Park on Wednesday, April 9 from 9 until 5 and a field trip to Tervuren African Museum and Park on Thursday, April 17 from 9 until 4.

**SAS Safari:** Every Monday in April is Safari Club for School Age Services, constructing the world famous Lake Nakuru Kenyan Safari Park. On Wednesdays the Explorers' Club will be looking into "Animals' Senses & Defenses.

**Through the Eyes of Children:** Check out the NSA children's photography exhibit currently displayed at the NSA Library through April 5. Congratulations to winners in the 9 years old and younger division: Rebecca Teague for her first place "Square Windows" color process photo, Ta'Shanda Ruffin for her first place digital photo "Flying Bird." In the ages 10-12 division, Lashanda Hall is to be congratulated for her first place win in color process for "Upside Down" and to Lukas Koterec for his digital "Kick" photo. Honorable mentions went Kelsey Teague, for "Furniture;" Lauren Payne, for "Spiral Staircase;" and to Nicolas Oxios for "Sean." These photographic works will be displayed in Wuerzburg on May 6.

**Write from the Heart:** Professional artist Ely Parker is volunteering her time to teach a journaling and collage-making series of classes for registered middle school and teen youth in grades 6-12 on Tuesdays in April and May from 6:30-8:30 p.m. Classes are scheduled for April 15, 22, and 29 and May 6, 13, and 20.

**Parent Advisory Council:** Open to all CYS parents and we are actively seeking your input to improve programming for School Age Services and Teens. Please come to the CYS on Thursday April 24 at 5 p.m. SAS Lead Program Assistant will be presenting Guidance Tips for Parents.

**Springtime Teen Trips:** Middle School and High School teens are heading for SHAPE on April 5 to see "My Fair Lady," the musical related to transforming a "guttersnipe" into a high-born lady. Registered youth in grades 6-12 are off to Schinnen to bowl on April 10 and to Six Flags amusement park on April 11. In every case, parental permission slips are required in advance and teens must be responsible to bring two forms of identification along.

**Job Shadowing:** You can make a difference in the life of a young man or woman. Teens will have a career readiness experience on April 17 spending time in the workplace with an adult mentor. Adults in the Brussels American community should consider opening work site to a young person on that day and call or email the Teen Center Director at 717 9647 / 9651 or jill.collier@benelux.army.mil.

**Aikido:** Registered CYS patrons in grade K-12 are eligible to take instruction from a 5th degree black belt master. The classes meet on Tuesdays at 3:30 p.m. Aikido provides an outlet for physical energy and develops coordination and control.



PHOTO: Troy Darr  
**NATO Support Activity Child and Youth Services recently got a cover for its outdoor playground. Now children can play outdoors in all weather.**

## BRUSSELS COMMUNITY CALENDAR

### ACS

NSA will host a Parent University on child health and welfare April 14-17. Community Chorus practice every Monday evening from 7:30-9 p.m. at the NSA Chapel.

Community Band practice every Wednesday evening at 7:30 p.m. in the BAS Music Room. Free tax service available from the Northern Law Center at NSA Building 4, Room 318 on Tuesdays and Thursdays from 10 a.m. to 5:30 p.m. by appointment only, DSN 423-4868.

The Three Star Lounge plays first run movies every Thursday night at 7:15 p.m. Free popcorn provided.

Advanced Financial Seminar every Tuesday from 6-8 p.m. Call ACS at civ 02-717-9783 to sign up.

ACS Toddler Playgroup at the NSA Child and Youth Service Center every Tuesday from 10 a.m. to noon.

**April 14-17:** ACS "Parent University" workshop and classes on health and wellness topics for parents.

**April 16:** Town Hall Meeting at 6 p.m., NSA Conference Room.

**April 17:** Living Last Supper at the NSA Chapel at 7 p.m.

**April 19:** Community Easter Egg Hunt at the Brussels American School from 10 a.m. to noon. The Easter Bunny will also throw the first pitch out for YS baseball.

**April 20:** Combined Easter Service at 10:30 a.m. at NSA Chapel.

**April 25:** Installation Volunteer Ceremony, time and place TBA.

**April 28-30:** NSA Newcomers Briefing, call ACS at civ 02-717-9783 to sign up.

**May 5-16:** Dutch Headstart Class at NSA Education Center from 9 a.m. to noon.

**May 20:** Teen Child Abuse Training from 6:15-8:15 p.m. at NSA CYS. The training is required for babysitter referral.

**May 30:** BAS Talent Show

### Craft Shop

Ceramic classes now offered every Wednesday at the NSA Multi-craft shop. Basket weaving classes coming soon. For more information, contact Paul Davis at civ 02-717-9629. Frame shop open Wednesdays and Thursdays 2-9 p.m., Fridays 10 a.m.-1 p.m., Saturdays 10 a.m.-6 p.m., Sundays noon to 6 p.m. Framing classes on Thursdays. Cost is \$30. Please phone and book ahead of time.

Woodwork shop open hours: Thursdays 1-5 p.m., Saturdays 10 a.m.-6 p.m. Woodworking safety classes are held on the open days at a cost of \$10. Please phone and book ahead of time.

Ceramic shop open hours: only open, at the moment once a week, Wednesdays noon-3 p.m. Ceramic classes are being held every Wednesday at a cost of \$15. Please phone and book ahead of time. Are you interested in having the children's birthday party in the NSA Multi Craft Ceramic shop, have them paint & take home their own ceramic item, cost \$10 per child.

## Words to Ponder

By Vernon L. Fowler



When was the last time you demonstrated your sincere appreciation for your family and friends?

"How do I do that," you ask?

Well, giving is great way to honor those closest to you and is probably the most emphatic way to express your appreciation for them.

When I talk about giving, I am not focusing on material things as some may suppose.

You could write a letter, make a phone call, give a nice greeting card or even treat them to a good movie or dinner.

What you give does not have to be very expensive, but can be as simple as a hug, a warm smile or just nice words of encouragement.

What is most important is that it genuinely comes from your heart.

Of course, true giving must be unconditional and not based solely upon whether or not you will receive something in return.

However, I am confident that a true giver eventually receives something in return.

There is a verse in the holy bible that says, "Give and it shall be given unto you," and another that says you "reap what you sow."

Look at it this way, to the world you may be just one person, but to one person you may just be the world.

So give and make a difference to someone you love.

(Vernon Fowler is pastor of the Focus on Jesus Full Gospel Service at the Brussels Chapel)

Basket weaving Classes are due to start back up end of March, beginning of April. For more information on any of the above items please call Paul Davis at DSN 368-9629.

## About Us



The *Benelux Meteor* is the authorized unofficial Army newspaper published under the provisions of AR 360-1 for 80th Area Support Group personnel. It is published 25 times a year under exclusive written agreement with the *Stars and Stripes*, Griesheim, Germany. The editorial content is provided by the 80th Area Support Group Public Affairs Office and the 254th Base Support Battalion Public Affairs Office. Opinions expressed are not necessarily the official views of, or endorsed by the U.S. government, Department of Defense, Department of the Army or the 80th Area Support Group. The *Benelux Meteor* is inserted every other Tuesday in the Benelux edition of the *Stars and Stripes*. Circulation is 3,000. Our mailing address is Editor, Benelux Meteor, HQ 80th ASG, Unit 21419, Public Affairs Office, APO AE 09708. Telephone: DSN 361-5419; fax: DSN 361-5106; civilian telephone prefix: 068-27-

5419. The country code for Belgium is 0032.

### Policy

- Opinions appear on the Viewpoint page. We invite and encourage letters to the editor, but they must be signed. We will consider withholding the name of the author upon request, but we will not print any anonymous letters.
- We reserve the right to edit letters to make them fit the allotted space, to remove libelous material and to correct grammar. Letters should contribute to the informational interest of the issue in question.
- Articles and photographs may be submitted for consideration but publication and placement depends upon the judgment of the editor.
- Community-related event announcements must use civilian dates and times. Spell out acronyms initially and include a point of contact, telephone number and e-mail address.
- All submissions are subject to editing.

### Advertising

- Messages from readers from profit and non-profit organizations which involve money exchange constitutes advertising.
- Rates may be obtained by calling the Stars and Stripes Classified Advertising Department at DSN 349-8477 or civ 0049-61-55-601-447.
- Neither the *Benelux Meteor* staff nor other public affairs personnel can accept advertising requests.

nel can accept advertising requests.

- The appearance of advertising, including inserts, does not constitute endorsement of the products or services offered. Everything advertised must be available for purchase, use or patronage, without discrimination.
- Any gambling or lottery requiring payment for chance cannot be advertised as stated in 18 U.S.C. 1302.

### Deadline

Copy and photographs are due by noon every other Friday.

### Commanders

Col. Timothy J. Quinn.....	80th Area Support Group
Lt. Col. Deborah P. Broughton.....	254th Base Support Battalion
Lt. Col. Jon M. Davis Jr.....	NATO Support Activity
<b>Public Affairs Officers</b>	
Marie-Lise Baneton.....	80th Area Support Group
Susan Jackson.....	254th Base Support Battalion
<b>Editorial Staff</b>	
Troy Darr.....	Writer
Sandy Aubrey.....	Writer
Sandy Ramey.....	Design & Production

# Exchange manager enjoys spending time with customers

By Sandy Aubrey

SCHINNEN, Netherlands – Main Exchange Manager Rick Fair starts his day at 6:45 a.m. with a walk around the sales floor taking notes for his supervisors of things that need to be done during the day.

He also takes advantage of the quiet time to read and answer e-mails and prepare for the day because once the store opens, he's almost constantly on the go until quitting time, about 6:30 p.m.

Fair makes it a point to visit each retail facility on the base daily to ensure everything is running smoothly. He's busy resolving issues and problems, reviewing monthly and sales reports, and seeing to the overall daily operation of the facilities. At least twice a month he visits the Volkel and Rotterdam sites. Currently the Schinnen PX is also providing additional support to troops in the Middle

East.

This would seem like a full day but Fair also has an open door policy that takes up a good portion of his time. He invites staff and customers to come in with problems, issues or concerns, and he'll drop what he's doing to focus on the person and finding a solution.

"I like to fix things on the spot and not wait. Like the saying goes, I try to touch every piece of paper once," Fair said.

The facilities have recently been fitted with a new surveillance system and Fair says that shoplifting apprehensions have increased 100 percent. AAFES now has civil recovery which means they can recuperate the stolen merchandise and if it has been damaged, they can get reimbursed the cost of the item. As an added deterrent, AAFES can charge a \$200 administration fee for processing the case. Fair says perpetrators are of all ages and

backgrounds.

"Along with the new equipment, we have a full staff of detectives and I strongly recommend a person think twice before trying to shoplift anything. They will get caught, maybe not the first or second time, but they will get caught, and it's just not worth it," he said.

Although Fair says he encountered some problems when he first arrived, he's satisfied the operation is running smoothly now.

"I'm very, very happy with the staff we have, they know we're paying attention and things are going well," he said.

With 15 years experience at AAFES, Fair says what he enjoys most about his job is spending time with customers.

"To spend time on the floor with customers I have to come in early to get other things done, but it's worth it because to me, it's the best part of my



PHOTO: Sandy Aubrey

Schinnen Main Store Manager Rick Fair comes to work early to take care of business so he can spend more time on the floor with customers.

job," he said.

Fair's schedule is maintained six days a week, but the seventh day is reserved.

Born in Fort Leavenworth, the former Army 'brat' says he tries to keep Sunday free to spend time with his family.

## 254th BSB Local Calendar

### Community Events

•New Parent Support Group, The H.U.G.I.E.S. Child's Play, April 9, Schinnen ACS Building 39, 10 a.m.-noon, civ 0031-46-443-7335.

•Month of the Military Child- food sampling, April 10, Schinnen Commissary, 1-4 p.m.

•Join the lunchtime adult indoor soccer league, Tuesdays at noon, Schinnen Sports Center, civ 046-443-7561.

•The Breastfeeding Support Group meets April 23 and every fourth Wednesday, ACS Building 39, 1-2 p.m., civ 046-443-7335.

•Step aerobics, Tuesdays 6:30-7:30 p.m., Spinning classes Thursdays, 5:30 p.m. and Tae Bo classes Mondays and Wednesdays, 6-7 p.m.

•Newcomers Orientation, April 25, 8 a.m.-3 p.m., Schinnen Sports Center.

•No-Tap Bowling Tournament, April 12, 19, and 26, 6 p.m., Schinnen Bowling Center, civ 0031-46-443-7207.

### Girl Scout news

The Tri-border overseas Girl Scouts are looking for adult volunteers to fill various positions in the organization next year. They also need co-leaders for all age groups in all neighbor-

hoods. Sign up now and get training, call Susan Morris at civ 0031-(0)45-532-4325.

### Travel deals from SATO

SATO Travel can plan a fun vacation for you and your family to Greece, Portugal, Spain or Turkey leaving from the Maastricht Airport.

Euro-Disney, April 20, adults 89 euro or \$96, children's fares depend on age and range between 55-80 euros or \$60-\$80. Prices quoted in U.S. dollars are subject to the exchange rate on the day of booking. Call SATO at DSN 360-7570 or civ 046-443-4373.

**Youth and Teen activities**  
civ 0031-45-526-2033 or 0031-46-443-7280

•Cooking for Youth Services teens, "How to prepare a healthy meal," April 8, 4-5 p.m., Youth Services, Brunssum.

•Torch Club meeting for grades 6-8, April 10, 4-5 p.m., Youth Center, AFNorth, civ 0031-45-526-3595.

•School Age Services/Middle School/Teen bowling at Schinnen Bowling Center, April 14, 11 a.m.-2 p.m., 0031-45-526-3595.

•School Age Services trip to Mondo Verde, for more information about time and date call civ. 0031-45-526-3004.

•Middle School/Teen – Trip to Snowworld, Landgraaf, •20, for more information about time and date call civ 0031-45-526-3595.

•Smart Moves program for girls' grades 6-8, April 11 and 18, 4-5 p.m., Youth Services, civ 0031-45-526-3595.

•Youth Services sports, Little League Team 2003 Netherlands baseball clinic, April 18, Schinnen Sports Center, 4:30-6 p.m., civ 0031-45-526-2843.

•Keystone meeting (Boys and Girls Club) Schinnen Teen Center, March 26, 5-6 p.m.

•Torch Club middle school, spring-is-in-the-air dance, April 10 and 17, Youth Services at AFNorth, Building H603, CYS members 6-8<sup>th</sup> grades only, 7-9:30 p.m. Entrance is 5 euro, newcomers enter free.

•Adult tennis tournament at the Schinnen Sports Center May 3-4, 12 p.m., singles and double matches, civ 0031-46-443-7561.

### Classes and courses

•Sponsorship training April 23 and every fourth Wednesday, Schinnen ACS conference room, Building 39, 2-3 p.m., civ 0031-46-443-7512.

•Army Family Team Building class "Enhancing relationship building," April 15, 6-9 p.m., civ 0031-46-443-7451.



PHOTO: Sandy Aubrey

Directorate of Public Works Construction Inspector, Jacques Peeters, pitches in to help contractors transfer 29 fish, including tench, snook and carp of different sizes and weight to a larger pond in Eco-Park, Schinnen. The park project began last fall. At the time four plant and two animal species in the area were identified on the endangered list. As stewards of the environment, the 254<sup>th</sup> BSB has built an environmentally friendly area to protect the endangered fauna and flora. "The plan is to care for the environment and provide educational opportunities for school kids," said Nico Vogelpoel, chief of Engineering Plans and Services Division.

Check out your Community

[www.80asg.army.mil/254bsb/index.htm](http://www.80asg.army.mil/254bsb/index.htm)





PHOTO: Sandy Aubrey

The 254<sup>th</sup> BSB Housing Office is working with a local contractor to build 29 new housing units for military personnel. BSB Housing Inspector Wim Wouters regularly checks to ensure the structures meet U.S. standards.

## Community gets 29 new houses

By Sandy Aubrey

SCHINNEN, Netherlands – Military personnel arriving in the Tri-border area may have heard horror stories about housing shortages, but they'll be pleasantly surprised by recent events.

The 254<sup>th</sup> BSB Housing Office is taking possession of 29, two, three and four bedroom housing units scattered around Schinnen, Hoensbroek and Eygelshoven.

Delivery dates of the units vary because they're in different stages of construction. However, the housing manager foresees assignment of the first units as early as April. The units will be leased by the U.S. Government for qualified field and company grade officers, and in some cases enlisted personnel assigned to the BSB or AFNorth.

The Housing Office worked closely with other agencies within the Directorate of Public Works to find a devel-

oper and contractor to build housing units to U.S. specifications. Contracts, statements of work and a specifications list were drawn up, agreed to, and signed. After construction began, housing inspectors visited the sites regularly to ensure compliance with the contract.

The contractor was provided the list of requirements for the new units that included, among other things, two full bathrooms, the unit had to be on the school bus route, the location chosen for the units had to be in a safe area, and the units had to be fitted with smoke and sensor detectors and have a "move-in window" to get large appliances and oversize furniture in the house.

"It's taken awhile and a lot of work and coordination by many, but the new units are nice and hopefully will help ease our housing shortage," said Tony Di Brogrozio, housing manager.

## Opportunity knocks twice

By Sandy Aubrey

TREEBEEK, Netherlands – The 254<sup>th</sup> Base Support Battalion Equal Employment Opportunity office is now once again fully manned.

The new EEO manager, Jerry Francis, and Monique V. Dismuke, the equal opportunity advisor, recently joined the Tri-border community and are busy standing up the office that has been vacant since May. During that time, EEO issues were handled by 80<sup>th</sup> ASG staff members on an as-needed basis.

Francis said he is looking forward to living and working in the Tri-border area and has some definite ideas about how to provide good customer service to the community.

"I'd like to be more pro-active in pre-



PHOTO: Sandy Aubrey

**Equal Employment Office Manager Jerry Francis**

venting complaints by providing training and reaching out to the community through personal interaction," he said.

Dismuke said she sees her mission as one of support, by maintaining an EEO program that encourages integrity, trust and fairness to all employees.

## Vietnam vet gives message of hope

By Sandy Aubrey

BRUNSSUM, Netherlands – With humor, wit and sometimes tears, Dave Roever brought a message of hope to the AFNorth community recently.

At a National Prayer Breakfast and later at the AFNorth International School March 20, Roever used his war experiences of loneliness, disfigurement, pain, and his solid relationship with his parents, wife and children to talk about solutions to problems faced by young and old today.

"He touched my heart with his message of hope, encouragement and faith on the morning the war broke out in Iraq," Patty Luyten said.

Of his accident, Roever says his life changed in the split second it took a phosphorous grenade to

explode in his hand. In an instant he went from 190 to 130 pounds.

He was burned beyond recognition during his tour of duty in Vietnam, and spent 14 months in the hospital. During this time he says he became deeply depressed and even thought of suicide, but came through it with the incontrovertible conclusion that God had a plan for him. Although he always had religion in his life, anybody's faith would have been shaken by a similar experience. Roever is one of those people who manage to turn personal tragedy into an inspiring lifestyle.

He's fond of saying, "It's been a good life and I don't regret one day, and today is the best day I've



Dave Roever

lived."

Roever is a minister of the Gospel but he doesn't preach, rather he talks to people and he relates. He is the founder and president of two non-profit organizations, Roever Evangelistic

Association and Roever Educational Assistance Programs, and has written several books about his life. He speaks at public high schools, military installations and business conventions. Roever has been back to Vietnam several times to do evangelization and charity work.

The native Texan lives in Fort Worth with his wife of 35 years. They have two grown children and four grandchildren.

## New force protection task force arrives

By Sandy Aubrey

SCHINNEN, Netherlands – What does the sunny Caribbean island of Puerto Rico have in common with the 254<sup>th</sup> Base Support Battalion? The answer is the National Guard unit from the 2<sup>nd</sup> Battalion, 162nd Field Artillery Brigade hailing from Hato Rey, Puerto Rico.

Task Force Borinquen arrived in early March to augment the 254<sup>th</sup> BSB force protection mission, replacing Task Force Keystone.

While the soldiers haven't been out much yet and they're still getting settled and acclimatized to Dutch weather, their almost unanimous assessment is that they're happy to be here and looking forward to this assignment.

"We've been made to feel at home here and have received great support from the community – everybody has been great," said Staff Sgt. Daniel Garcia, the NCOIC.

The 11-man contingent is made up of many and diverse professional backgrounds. Several were born in the U.S. and raised in Puerto Rico, and among the ranks there are insurance salesmen, students, amateur photographers, mechanics and even a nurse.

In his civilian life, Garcia is a homicide detective with 17 years of experience with the Bayamon police force. He is a marathon runner and a cyclist, and he's looking forward to exploring the Dutch countryside.



PHOTO: Sandy Aubrey

The NCOIC of Task Force Borinquen, Staff Sgt. Daniel Garcia center, visits one of the sites to check on Spec Antonio Andino, on the right and Spec Oscar Santiago. The task force is assigned to the 254<sup>th</sup> BSB to assist with the force protection mission.

Spec. Oscar Santiago was born in Brooklyn, N.Y. and moved to Puerto Rico as a small child. He has a master's degree in nursing and works for Triple "S," the largest insurance company on the island. Santiago joined the National Guard in 1994 and says he's the first in his family to do so.

"I really don't know why I joined except that I feel proud to wear the uniform," he said.

One soldier in the group is trying to enter active duty as soon as he returns to Puerto Rico. Spec. Anto-

nio Andino, a second year university student of criminology, says he likes the discipline and order of military life. He says both he and his girlfriend, now deployed at Mildenhall, would like to make the Army a career, and they would like to get married in Europe while they're on this rotation.

Nine of the 11 soldiers are in field artillery specialties MOSs and knew each other before coming to the Netherlands. Professional diversity notwithstanding, the men seem to be a well-organized team already.

In addition to assisting top management to better understand the needs and roles of women and minorities in employment and the value of maximizing human resources through various programs, the EEO office also oversees Special Emphasis Committee (SEC) activities.

"The SEC is very special and I en-

courage them to continue their great efforts in bringing quality programs, information and cultural awareness to the Tri-border community," Francis said.

A native of Indianapolis, Francis' last assignment was with the Defense Contract Management Agency in Boston. He is here with his wife and

two children.

The Department of Veterans' Affairs in St. Petersburg, Fla. was Dismuke's last assignment. Originally from Washington, D.C., she's also here with her family.

Together, Francis and Dismuke bring more than 20 years of experience to the EEO office.

# 80<sup>th</sup> ASG/SHAPE

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April 8, 2003

## Postal volunteers needed throughout USAREUR

HEIDELBERG, Germany -- Effective immediately, Army Post Offices, Consolidated Mail Rooms, and Unit Mail Rooms have volunteer opportunities available throughout USAREUR.

Due to recent events, military postal personnel working in these functional areas have been deployed or used to support Force Protection personnel requirements. This has had a tremendous impact on the workforce at most postal activities.

Because of the current FPCON level and possibly of this requirement extending to an undetermined time, volunteers may be needed throughout USAREUR in support of this critical postal mission.

The APO, CMR, or UMR supervisors will contact the Installation Volunteer Coordinator's office to establish hours and places of work, type of work to be performed, qualifications, and number of volunteers needed. For more information contact your local with the local installation volunteer coordinator for further information.



PHOTO: Troy Darr

Two Securix security guards check identification at Daumerie Caserne in Chièvres, Belgium. A combination of civilian, U.S. soldiers from Task Force Borinquen and Belgian Air Force security police provide force protection at the caserne and at Chièvres Air Base.

## Parking disks now required

BRUSSELS, Belgium — Any driver who parks a vehicle in a limited time zone anywhere in Belgium must display a parking disk in the windshield inside the vehicle. The parking disk must meet official standards.

The parking disk looks like the one pictured here but is blue. Other colors and designs are not permitted.

Use of the disk became mandatory on March 31.

You must use the disk whenever you park in a limited time parking area, Monday through Saturday, between 9 a.m. and 6 p.m., unless other information is posted.

Before you leave your car, set the disk for the time you arrived.

The disk displays time by the half-hour. If

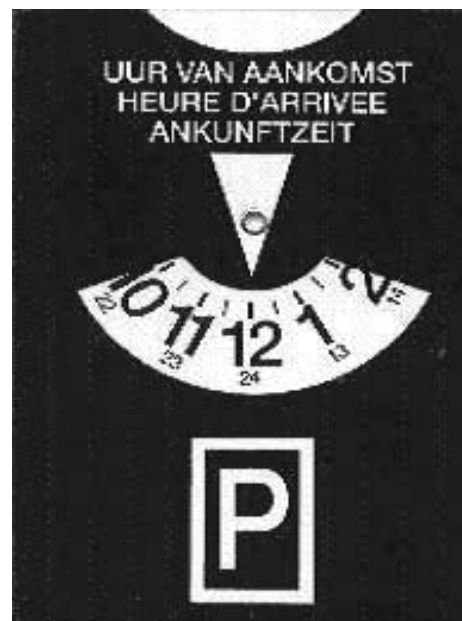
you have arrived a few minutes after the hour or half hour, set the disk to the next time slot.

Example: you arrive at 9:15. Set the disk for 9:30.

A vehicle may not remain in a limited time parking space for more than two hours from the time indicated on the parking disk.

Failing to obey this law will result in the vehicle being ticketed by police authorities and the owner of the vehicle may be subject to further judicial action. Vehicles ticketed for parking violations may be towed at the owner's expense.

The disks are available for sale at news stands and in other stores, however, take a look around and you might find them offered free to the customers of certain gas stations and banks.



## Big refunds are money down the drain

CASTEAU, Belgium -- Are you rolling in the cash you received from your tax return? Are you wondering what you are going to do with it? Or maybe you have already spent it. If you want more money next year, keep reading.

Many people look forward to a big refund and consistently plan it into their budget. However, those people are really losing money. Getting a big refund means you are having too much money withheld from your monthly paycheck. Your withholding outweighs your tax liability at the end of the year, so you get a portion of those withholdings back.

While the government is holding that money for you during the year, however, it is also investing the money and earning interest on it. The government earns money on your money and you don't get to share in those earnings. So how do you get a cut of those earnings? Change your W-4 form.

Your W-4 form controls how much money is withheld from your monthly paycheck for end-of-year taxes. The more exemptions you claim the less money is withheld monthly. If you typically get a large refund, you can change your W-4 to maximize your exemptions and make more money monthly. If you invest this extra money

every month (for instance, in an IRA or Thrift Savings Account), you earn money rather than the government. If you do this consistently, you can give yourself a bigger refund at the end of the year. Additionally, beginning in 2003, there is a new credit called the Saver's Credit which could potentially mean an even greater payoff for you.

For example, Sgt. 1st Class Joe Smith got a refund of \$1500 last year. He then changes his W-4 to maximize his exemptions. Rather than having that \$1500 withheld over the year, he will receive it in his monthly paycheck. He will get an extra \$125 per month (\$1500 divided by 12). If he puts that extra money in a simple savings account that earns 3% each month, he will not only have saved the \$1500 by the end of the year, he will now have an extra \$93.75 in interest. If he buys EE series savings bonds (2 \$100 bonds and 1 \$50 bond) each month, he will earn between 5 and 6% interest, earning a total of \$187.50 in interest. Now instead of getting a refund of \$1500, he is now giving himself a refund of \$1600 or \$1700.

If you are interested in changing your W-4 from you can do so at your finance office. W-4 forms can also be obtained from [www.irs.gov](http://www.irs.gov).

Free income tax help is available at the Northern Law Center's Tax Assistance Center from now until June 27. Taxpayers can file their federal tax returns electronically and can receive assistance filing their state income tax returns as well as federal and state income tax returns for prior years. Appointments and walk-ins are available from 9 a.m. until 5 p.m. Monday through Friday at SHAPE. Call DSN 423-4906 for an appointment at SHAPE. For appointments at NSA, Brussels call DSN 423-4868.

(Information provided by the Northern Law Center)

## Group schedules gate renovation at air base

CHIEVRES, Belgium — The 80th Area Support Group plans to close Gate 1 for renovation April 7 at the air base here.

Gate 1, near the Fina station, has in the past been the main entrance to the air base. The gate will be closed until December.

"The renovation project includes a new pass office, guard house, entry canopy, turn around lane, signs, additional lights, landscaping and various force protection measures," said Andrew Frank, 80th ASG Directorate of Public Works,

## Doctors say watching war on TV may cause children problems

CASTEAU, Belgium — Parents should be aware that younger children can experience adverse affects from watching TV coverage of war.

Preschoolers might be traumatized by exposure to any violent image, whether or not they understand the event to be real or fiction.

Preschoolers are typically too young even for a discussion of war, as this will only lead to anxieties about their own or their parents' safety (whether or not the parents are military).

The younger the child, the smaller their world; young children given too much information about war will become concerned about a bomb falling on their house or their parents being killed.

Young children exposed to discussion or images of violence might express their anxieties or stress verbally, through somatic problems such as stomach aches or bedwetting, through sleep disturbance, or through irritable or aggressive behavior.

The live coverage with embedded reporters in combat situations and the images of prisoners of war bring the reality of the conflict into our living rooms like never before.

School-age children who might be mature enough for some limited viewing of the war could still be deeply disturbed precisely because they are able to understand that the events are real.

Parents should monitor and limit their children's TV viewing of war-related events and always be present to discuss their concerns about the war.

Parents having specific anxieties about the war or a deployed spouse need to seek support and assistance from other adults or installation family support services. Parents can only effectively help their children's coping if their own concerns as adults are addressed.

(SHAPE Healthcare Facility)

## SHAPE and Chièvres Community Calendar

### Morale, Welfare and Recreation

Newcomers interested in learning more about living in Belgium can get their questions answered by Welcoming Everyone to Belgium volunteers at the American Lounge in Hotel Maisieres every Monday, Wednesday and Friday from 9 a.m. to noon. Call civ 065 326252.

Catch the latest NBA action on the big screen television at the Prime Time Lounge on Daumerie Caserne. Call DSN 361-5540 for the schedule.

### Army Community Service

Family Advocacy offers a Parent Support Program for expectant and new parents. The program provides a wide variety of service to help parents provide a safe and nurturing environment for their child. Call DSN 423-5324 for more information.

Learning about Investing is offered every second and fourth Thursday from noon to 1 p.m. in the Building 318 conference room at SHAPE.

ACS is looking for foster care providers. For more information call DSN 423-4352.

The Newcomers Brief is the second Thursday of each month at the Hotel Maisieres, 8:30 a.m. to noon. Call DSN 423-5324

A Single Parent Support Group is held Wednesdays from 5:45 to 6:45 p.m. in Building 318, Room 118. Call civ 065 44.42.74.

Exceptional Family Member Program is recruiting for caring individuals who will be trained and certified to provide respite care for special needs children and adults. This will provide the primary family caregivers time for appointments, an evening out, or shopping. All

fees for care are decided upon between the family and provider. Call Mary Prince at DSN 423-7461 for more information. **April 29:** Diane Jones, wife of SACEUR, Gen. James Jones, will speak about the Exceptional Family Member Program with Mary Prince, Exceptional Family Member Program Manager, Army Community Services, at the SHAPE Officers Club, 11:30 a.m.

### Red Cross

Call DSN 423-4008 to find out about CPR and first aid classes, Babysitter training and HIV/AIDS Awareness training. All training is held at the Red Cross in Building 318, SHAPE.

### SHAPE Entertainment Center

Salsa Dance is back on Tuesday at 7 p.m. For information about performances call DSN 423-3312. Reservations can be made between 2 and 5:30 p.m. Monday through Friday.

### SHAPE Arts and Crafts Center

The center offers dozens of child and adult classes ranging from Basic Ceramics to Turkish Foil Craft. For more information call DSN 423-4680.

### Back route from SHAPE to Chièvres

Use of the Chemin du Prince opened up to military vehicles on March 31. Every year the route is blocked to military traffic during winter except security missions, MP patrols, accident investigations, personal property quality control inspections and housing inspections per-

formed by the Housing Office because of previous accidents involving black ice.

### Post Exchange

AAFES hosts a Children's Hour every Wednesday from 1:30-2:30 p.m. The event features crafts, stories and drawings for prizes.

### Child and Youth Services

CYS needs volunteer coaches for baseball, softball, soccer, flag football, basketball and cheerleading. Head coaches receive discounts for volunteering. CYS fee for the first child is waived and a second child receives a 50 percent discount. For more information contact the Child and Youth Services sports staff at Building 209 or call DSN 423-5612/3874.

The Teen Center Job Fair will be held on April 29 from 4 to 6 p.m. the Youth Services building #503 on SHAPE. The event was originally scheduled for May 8. Contact Nichole Maglietta at DSN 423-5613 for more information.

### Health Care

The SHAPE Healthcare Facility offers self care classes. Call DSN 423-5948 for an appointment.

### SHAPE Transition Office

The transition office plans to host two events April 30. A pre-retirement briefing for those retiring from the military is scheduled for 8:30 a.m. to noon. This briefing is geared toward service members who intend to retire from the military. A Veterans Administration Briefing that

covers all the benefits available to veterans from the VA is scheduled for 1 to 4 p.m. If you are active military, separated from service or retired, this briefing is for you. Spouses are encouraged to attend these events. Contact the transition office at DSN 423-4575 for information or sign-up.

### Women's History Month

Theme: "Women Pioneering the Future" The princess of Chimay will be the guest speaker at a Women's History Month luncheon. She will discuss her personal history and changes during her responsibilities as princess. She will be introduced by Timothy Alderman, civilian personnel officer. Time and location will be announced. Point of contact is Mary Ramsey, 80th ASG EEO Officer, DSN 361-5281.

### Spring Cleaning

The U.S. family housing area 2003 Spring Cleanup starts in April. SHAPE areas: Buildings 253, 301, 302, 305, 318, 319 and 353 and the Maisieres Hotel, Chièvres Air Base and Caserne Daumerie will have cleanup on April 28 from 8:30 a.m. to 4:30 p.m. Ghlin/Lens housing area will have clean up on April 29 from 1-4:30 p.m..Green Park housing area will have clean up on April 30 from 1-4:30 p.m. Casteau/Maisieres housing areas will have cleanup on May 2 from 1-4:30 p.m. Housing Area Coordinators will provide additional information. Point of contact for the community cleanup is Command Sgt. Maj. Ronald Joseph at DSN 361-1320.

# Potpourri

## AKO keeps families in touch, securely

By Patrick Swan

WASHINGTON -- Loose lips sink ships, but will errant e-mails strafe soldiers and their families?

It may all depend upon whom soldiers trust with information about themselves and their families when surfing the vast, anonymous, unsecure locale called the Internet.

We'd be rightly skeptical if we linked to a Web site offering support for U.S. military families with emergency notifications -- but which was run by Osama bin Laden's operatives.

But what if the Web site with such a service seemed innocuous enough - with good, red-blooded American names and addresses listed in its "Contact Us" button?

And what if the organization offering this service couched its request in noble-sounding, patriotic, rally-around-the-flag sentiments?

You know the kind: "We help our dedicated military people and their concerned loved ones stay in touch in uncertain times as these."

You just might be persuaded to submit your soldier's name, address, social security number -- or your family member's names and addresses and other Privacy Act Information.

Such an Internet-based organization may or may not be legitimate. But to borrow a phrase from a typical site's pitch, in these "uncertain times," why take the chance?

After all, any information provided to such sites could be used for identity theft, intelligence gathering by foreign nations or terrorists, or pose other threats to service members, their families and their privacy.

Indeed, why take any such chance when the Army is already offering a Web site to keep soldiers and families connected when separated by a deployment.

That place is Army Knowledge Online,

www.us.army.mil. AKO allows family members the ability to rapidly access general-level knowledge about the Army and their soldiers across a secure communications channel. Translation: It keeps the bad guys from getting your personal information while it helps you keep in touch with those you love in uniform.

AKO is a cyber-space example of its familiar credo: The Army takes care of its own. Hence, every family member of a soldier is eligible for an AKO account/e-mail address.

All family members have to do to get one is sign in as a new user and request a guest account. Soldiers serve as the sponsors and once they approve the family member's request, they are re-connected in a trusted sector of cyber space. They can exchange e-mail, chat online, engage in instant messaging. They can even post photos or personal information in a secure individual knowledge center on AKO that only the soldier and family can access.

A soldier from the Oklahoma Army National Guard recently wrote that a friend at work has a son who just joined the Army.

"She didn't know how to contact him via e-mail," said 1st Lt. Benjamin J. Weiss. "I was able to go onto the white pages in AKO and find his e-mail address. He's at Fort Carson, Colo., getting ready to head overseas."

And because his mother only has to know one, lifetime e-mail address for her soldier-son, she can stay in touch, even when he is far away. That makes her very happy when she could be heart-sick and worried.

Clearly, not every Web site claiming to "support the troops" is a security risk for the soldier and family member. But thanks to AKO's ability to keep the Army family connected, we don't ever have to find out, either.

That's worth a world of piece of mind. *(Patrick Swan, Patrick.Swan@us.army.mil, is a public affairs liaison with the Army's Chief Information Office/G-6 in the Pentagon.)*

## Hooah4health web site supports Army well being

By Christine Inouye

ABERDEEN, Md. — The time is now to be the healthy Army of One.

Accessibility to a comprehensive health and fitness resource is only a mouse click away for the Army family worldwide at www.hooah4health.com.

"Army readiness is inextricably linked to the well-being of our people." These powerful words spoken by the Army Chief of Staff, General Eric K. Shinseki, clearly embrace the vision and need for improving and sustaining the institutional strength of the Army.

Well-being is the personal — physical, material, mental, and spiritual — state of soldiers (Active, Army Reserve, Army National Guard), retirees, veterans, Department of the Army civilians, and their family members that contributes to their preparedness to perform and support the Army's mission.

Health promotion and fitness is an integral part of the Army's Well-Being Program, a holistic system that integrates all quality of life initiatives.

HOOAH 4 HEALTH (H4H) is a self-help, web-based, interactive health promotion and wellness program that helps integrate the Army's well-being mission.

Visionaries have contributed to the success of the web site and other web-based products.

H4H embraces the holistic concept of body, mind, spirit, and environment, and is

supported by a team of Army sponsors including the Office of the Surgeon General, U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM), Army Reserve, and Army National Guard.

Once logged on, soldiers can navigate user-friendly web pages to access dozens of military and other government healthcare sites to find vast amounts of health maintenance and prevention educational material.

Interactive health calculation tools have been developed to assist soldiers in deriving Army Physical Fitness Test scores, finding target heart rates, and computing body mass index.

A food and fitness diary will be beta tested and debut in 2003.

This tool will allow the user to track nutrition intake and log physical activity to provide real-time feedback that supports tailoring and monitoring individual health and wellness goals.

The H4H CHALLENGE, a self-directed correspondence course with interactive quizzes, feedback mechanisms, hyperlinks, and bookmarks, gives incentive to reserve soldiers to earn retirement points upon successful completion of a pass/fail test. Continuing education units will be available to users in 2003.

If you (or a family member) are being deployed, click on the deployment globe in the environment module to learn about any geographical region in the world where soldiers

are deployed.

"What better way," said Lt. Col. Mary Sherman, Medical Policy, G1, Headquarters, Department of the Army, "for soldiers, their families, and commanders to gather force health protection information in preparation for deployment. An added bonus is that family members can also access health benefit information throughout the site including hotlinks to family readiness and support resources such as TRICARE."

The quarterly H4H NEWSLETTER is another great tool to provide soldiers with health promotion and fitness information.

The newsletter can be downloaded and tailored with a unit's logo and supports commanders in disseminating health and welfare information to their soldiers. "As a commander," said Col. Karen Neumann, commander, 21st General Hospital, St. Louis, Mo., "one must be prevention driven. The old cliché certainly applies — an ounce of prevention is worth a pound of cure."

The users of the web site have responded with numerous positive comments.

"As a former member of the Army National Guard, I had to write and tell you what a fantastic web site you have developed," said Kelly B. Lynn. "My only question is, where were you all when I went through Basic Training in 1987? What I would have done to have a site like yours back then. Hopefully, Army recruiters are using this site and encouraging potential soldiers to use it and follow the ad-

vice. Great information you all have and keep up the good work. Drive on."

The main challenge in designing and developing a reserve health promotion and wellness program was, "How do you deliver a comprehensive health promotion and wellness program to the reserve component?" asked Judy Harris, one of the H4H pioneers at USACHPPM. "The majority of reserve soldiers belong to the military only two days a month and two weeks during the summer."

A web-based program definitely acknowledges those limited training windows for the reserve component and provides soldiers with a resource they can use at home to take responsibility for their own health and lifestyle.

"The decision to make a healthy lifestyle change is still an individual choice which can certainly be influenced by quality of life programs such as H4H," said Col. Deborah Wheeling, assistant surgeon general for Mobilization, Readiness, and National Guard Affairs, Army National Guard.

Through a dedicated team effort, H4H has achieved the Army's well-being goal by implementing cutting-edge technology and delivering appropriate, web-based, health and wellness information to make our Army a better place for soldiers, civilians, and their families to live, connect, grow, and serve.

H4H is just a mouse click away at www.hooah4health.com. *(Col. Inouye works for USACHPPM Department of Health Promotion & Wellness)*



### Benelux Meteor 2003 Publication Dates

Copy due (noon)	Print Date
Apr 11	Apr 22
Apr 25	May 6
May 9	May 20
May 23	Jun 3
Jun 6	Jun 17
Jun 20	Jul 1
Jul 4	Jul 15

Copy due (noon)	Print Date
Jul 18	Jul 29
Aug 1	Aug 12
Aug 15	Aug 26
Aug 29	Sep 9
Sep 12	Sep 23
Sep 26	Oct 7

Copy due (noon)	Print Date
Oct 10	Oct 21
Oct 24	Nov 4
Nov 7	Nov 18
Nov 21	Dec 2
Dec 5	Dec 16
Dec 19	Dec 30